
1. A fruit gum composition containing at least one sweetener, at least one gelatinizer and/or thickener, at least one souring agent, at least one colorant, at least one flavoring and at least one release and glazing agent or sugar-coating agent as a surface-treatment agent, characterized in that the fruit gum composition additionally contains L-carnitine and/or at least one L-carnitine salt and/or at least one L-carnitine salt mixture and/or at least one L-carnitine complex and/or at least one L-carnitine complex salt and/or at least one mixture of substances containing L-carnitine and/or at least one L-carnitine fumarate.
2. The fruit gum composition as claimed in claim 1, characterized in that the L-carnitine is contained in a form which is at least sometimes crystalline, having the formula $C_7H_{15}NO_3$ or $C_{18}H_{36}N_2O_{12}$.
3. The fruit gum composition as claimed in claim 2, characterized in that the L-carnitine as a crystalline tartrate having the formula $C_{18}H_{36}N_2O_{12}$ has a molecular mass of 472.49 u.
4. The fruit gum composition as claimed in claim 1, characterized in that the L-carnitine in pure crystalline form has a degree of purity of 99% and comprises at most 1% of residual components.
5. The fruit gum composition as claimed in claim 4, characterized in that the L-carnitine in pure crystalline form as $C_7H_{15}NO_3$ has a molecular mass of 161.20 u.
6. The fruit gum composition as claimed in claim 1, characterized in that the at least one mixture of substances containing L-carnitine is present as $C_{13}H_{12}gmNO_{10}$ and/or $C_9H_{18}ClNO_4$.

- 5 7. The fruit gum composition as claimed in any of the preceding claims, characterized in that the sweetener is selected from the group consisting of glucose syrup, sugar, in particular sucrose, fructose, sorbitol and sugar substitutes, in particular isomalt, or a combination thereof.
- 10 8. The fruit gum composition as claimed in any of the preceding claims, characterized in that the gelatinizer and/or thickener is selected from the group consisting of gelatin and/or pectin and/or starch and/or modified starch and/or agar agar and/or gum arabic or mixtures thereof.
- 15 9. The fruit gum composition as claimed in any of the preceding claims, characterized in that the souring agent is citric acid and/or lactic acid and/or malic acid or mixtures thereof.
10. The fruit gum composition as claimed in any of the preceding claims, characterized in that the colorant comprises at least one coloring fruit or plant extract and/or at least one artificial colorant and/or at least one nature-identical colorant.
- 20 11. The fruit gum composition as claimed in any of the preceding claims, characterized in that the release and glazing agent is beeswax and/or carnauba wax and an oil-containing agent and the sugar-coating agent is sugar possibly with fruit acids and/or calcilactol.
- 25 12. The fruit gum composition as claimed in any of the preceding claims, characterized in that at least one of the substances of the composition originates from controlled biological cultivation in accordance with EC regulations.
- 30 13. A method of preparing a fruit gum composition containing at least one sweetener, at least one gelatinizer and/or thickener, at least one souring agent, at least one colorant, at least one flavoring and at least one release and glazing agent or sugar-coating agent as a surface-treatment agent, characterized in that L-carnitine and/or at least one L-carnitine salt and/or at least one L-carnitine salt mixture and/or at least one L-

carnitine complex and/or at least one mixture of substances containing L-carnitine and/or at least one L-carnitine fumarate is added to the fruit gum composition.

- 5 14. The method as claimed in claim 13, characterized in that the L-carnitine is added in crystalline form as $C_7H_{15}NO_3$ or $C_{18}H_{36}N_2O_{12}$.
15. The method as claimed in claim 13, characterized in that the L-carnitine is added in the form of a crystalline tartrate as $C_{18}H_{36}NO_3$ having a molecular mass of 472.49 u.
- 10 16. The method as claimed in claim 13, characterized in that the L-carnitine is added in pure crystalline form as $C_7H_{15}NO_3$ with a degree of purity of 99% and at most 1% of residual components, having a molecular mass of 161.20 u.
- 15 17. The use of a fruit gum composition as claimed in any of claims 1 to 12 for the manufacture of food supplements.